
Leading Health Care In The 21st Century



Wellness and Disease Management Programs for Patients



The VA Healthcare Network Upstate New York's Wellness Committee has compiled this Directory of Wellness and Disease Management Programs for patients to highlight the opportunities currently available at our facilities. This directory will serve as a foundation to our goal of *contributing to better health care for all Americans*. Through these programs, we hope to create patient/provider partnerships, maximize customer satisfaction and foster a philosophy of health and well being for all our patients.

For more information about a particular topic or to register for a particular program, call the number listed with the program you are interested in.

**For general information
about patient education
please contact
Dr. Diane Wonch
Network 2 Patient Education Director
at (716) 862-6089
or visit the patient education
Web site for Network 2 at:
www.va.gov/visns/visn02/vet/ed**



Albany

Adult Day Health Care

treatment, education, counseling and supportive services

(518) 626-6041

Anger Management*

education, treatment and counseling

(518) 626-5319

Canteen - Healthy Menus

(518) 626-6737

Cardiac Rehabilitation*

treatment, education and counseling

(518) 626-5816

Caregivers of Veterans with Memory Problems*

treatment, education and counseling

(518) 626-6051



Collaborative Health*

(518) 626-5405

Community Day Program

Treatment and Support Services*

(518) 626-5306

Dental Wellness

(for eligible veterans only)

(518) 626-6570

Depression and the Elderly

(518) 626-5339

Diabetes

Contact our Primary Health
Care Provider

Elder Abuse

New York State 24-Hour Hotline
1-(800) 697-1220

End-of-Life Planning

(518) 626-6090

Flu Vaccination

Contact your Primary Health
Care Provider

****Requires a referral from your
Primary Care Provider***

continued on next page



Albany (continued)

Grief Counseling

(518) 626-5347

Hepatitis C

(518) 626-6156 or (518) 626-6433

Labyrinth

information and education

(518) 626-5480

Music Therapy*

treatment and education

(518) 626-5835

or (518) 626-5834

Nursing Home Care

(518) 626-6076



Nutrition

(518) 626-6331 (Red Team)

(518) 626-6498 (Blue Team)

(518) 626-6053 (Silver Team)

On Demand Video

Educational Services

(518) 626-6952

Pain Management Clinic*

(518) 626-5953

Pneumonia Vaccination

Contact Your Primary Health

Care Provider

Pulmonary Rehabilitation*

treatment, education and counseling

(518) 626-6500

Reiki

(518) 626-5335

Sleep Hygiene

testing, treatment and counseling

(518) 626-5335

**Requires a referral from your
Primary Care Provider*



Albany (continued)

Smoking Cessation-Quit Smart

(518) 626-5343

Spiritual Health Counseling

(518) 626-5747

Stress Management

education, treatment and counseling

(518) 626-5351

Understanding Your Medications

(518) 626-5780

Veterans Wellness Magazine

*request a copy, submit article ideas,
questions or comments to editor*

(585) 463-2642

Weight Management

Contact Your Primary Health
Care Provider



Women's Health/Women Veterans Program Manager

*address concerns and issues related to
women's health and wellness*

(518) 626-5519

**For general information about the programs offered at Albany contact:
Neal Relyea - (518) 626-5480**



(607) 664-4301 (607) 664-4520

lecture and interactive discussion (607) 664-4803

of diabetes

(607) 664-4614 **On Demand Video**

(607) 664-4626

(607) 664-4537 **Pain Management**

Firm Management
(607) 664-4614 or (607) 664-4636

Pneumonia Vaccination

(607) 664-4467 (607) 664-4614 or (607) 664-4626

(b)(7) 004-4014 or (b)(7) 004-4020

Smoking Cessation—Quit Smart
counseling and education

(607) 664-4614 or
(607) 664-4310

(607) 664-4626

Spiritual Counseling and Education

(607) 664-4324

Stress Management*

(607) 664-4614 or (607) 664-4331

(607) 664-4626 *** This program requires a*

referral from your case manager

** Requires a referral from your*

personal health issues, money and safety

(607) 664-4323

(607) 664-4520

(607) 664-4803

(001) 001 1000

(607) 664-4801

(001, 001, 100)

(607) 664-4614 or (607) 664-4626

(607) 664-4614 or (607) 664-4626

counseling and education

(607) 664-4319

(607) 664-4402

(607) 664-4331

***** This program requires a referral from your case manager***

**Requires a referral from your
Primary Care Provider*

Bath (continued)

Tai Chi

(607) 664-4467

Telehomecare/Telehealth

(607) 664-4607

Tennis

(607) 664-4467

Understanding Your Medication

(607) 664-4413

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questions or comments to editor*

(585) 463-2642

Vocational Counseling*

(607) 664-4345

Weight Management/ Move Program

*MOVE (Management of Obesity for
Veterans Everywhere)*

(607) 664-4614 or

(607) 664-4626



Women's Health/Women Veterans Program Manager

*address concerns and issues related to
women's health and wellness*

(607) 664-4892

Yoga

(607) 664-4467

**Requires a referral from your
Primary Care Provider*

**For general information about the programs offered at Bath contact:
John Brown - (607) 664-4467**



Canandaigua

Adult Day Health Care*

social activities and personal hygiene

(585) 393-7901 or

(585) 393-7907

Bible Study for Wellness

discussion of scripture passages to support wellness

(585) 393-7877

Dementia Support Group

education and support for caregivers

(585) 393-7901

Depression and the Elderly

(585) 393-7250

Diabetes Management*

(585) 393-7109

(585) 393-7126

(585) 463-2600

Elder Abuse

(585) 393-7491

End-of-Life Planning

(585) 393-7924

Flu Vaccination

annually during flu season

(585) 393-7109

(585) 393-7126

(585) 463-2600

Grief Process Group

five-session group cycle (grief, guilt, anger, self-worth, remembrance)

(585) 393-7877

Introduction to Spiritual-Based Meditation

four-session group cycle (third eye method, gap method, meditation on light, meditation on art)

(585) 393-7877

Intermediate Meditation Skills

four-session group cycle (laughing, OM method, Mandela Meditation, Christian Meditation)

(585) 393-7877

Labyrinth Walk Workshop

one class session exploring the history of labyrinth

(585) 393-7877

***Requires a referral from your Primary Care Provider**

continued on next page



Canandaigua (continued)

Nursing Home Care

(585) 393-7795

Nutrition*

(585) 393-7293

On Demand Video Educational Services

(585) 393-7551

Pain Management*

(585) 393-7109

(585) 393-7126

Pneumonia Vaccination

(585) 393-7126

(585) 463-2600

Reiki

*treatment using healing methods and
meditative techniques*

(585) 393-7877

Smoking Cessation-Quit Smart

(585) 393-7252

Stress Management

(585) 393-7252

Telehomecare/Telehealth

(585) 393-7533

Understanding Your Medications

(585) 393-7122

(585) 463-2697

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questions or comments to editor*

(585) 463-2642

Weight Management/ Move Program

MOVE (Management of Obesity for Veterans Everywhere)

(585) 393-7109

(585) 393-7126

Women's Health/Women Veterans Program Manager

address concerns and issues related to women's health and wellness

(607) 664-4892

(585) 393-7126

(585) 463-2755

**Requires a referral from your
Primary Care Provider*

**For general information about the programs offered at Canandaigua contact:
Patricia Yannotti - (585) 393-7262**



Syracuse

Adult Day Health Care*

daily programs

(315) 425-7100

Alzheimer's Association Caregiver Support Group

(315) 425-3751

End-of-Life Planning

(315) 425-3438

Depression and the Elderly

(315) 425-3485

Diabetes

(315) 425-2432

Flu Vaccinations

annually during flu season

(315) 425-4644

Hepatitis C

(315) 425-4657

Hospice

(315) 425-3720

Memory Disorder Clinic*

*evaluation, diagnosis and treatment
planning*

(315) 425-3751



Nursing Home Care

(315) 425-3783

Nutrition

(315) 425-4374

On Demand Video Educational Services

(315) 425-4400 ext. 52843

Pain Management

(315) 425-2635

Pneumonia Vaccination

Call your primary care provider

Pulmonary Rehab

(315) 425-2686

**Requires a consult or referral
from your Primary Care Provider*

continued on next page



Syracuse (continued)

Smoking Cessation-Quit Smart
Quit Smart Program: four-session/eight week program
(315) 425-3470

Social Day Care*
*socialization in a safe and structured setting**
(315) 425-3751

Stress Management
(315) 425-3485

Telehomecare/Telehealth
(315) 425-3799

Understanding Your Medications
(315) 425-4400 x52026

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(585) 463-2642

Weight Management/Move Program
MOVE (Management of Obesity for Veterans Everywhere)
(315) 425-4374

Wellness Fair
Annual Community Event with booths for education, teaching, educational materials, samples of health products
(315) 425-4400 ext. 52843

Women's Health Program/Women Veterans Program Manager
examinations and treatment, as well as education and concerns related to women's health and wellness
(315) 425-2609

**Requires a consult or referral from your Primary Care Provider*

**For general information about the programs offered at Syracuse contact:
Paco Valle - (315) 425-4400 ext. 52843**



VA Western New York Healthcare System (Buffalo/Batavia)

Behavioral Medicine/ Psychology Service*

*individualized assessment and
treatment (i.e. relaxation training,
biofeedback, hypnotherapy, cognitive
therapy, family counseling)*

(716) 862-8584

Cardiac Rehabilitation*

Phase I: Inpatients

Phase II: Outpatient supervised exercise
and education

Phase III: Outpatient exercise program for
patients who failed to meet program goals

(716) 862-8660

Depression and the Elderly

(716) 862-8595

Diabetes

(716) 862-8844 or

(716) 343-7500 ext. 7386

Elder Abuse

(716) 862-8595

End-of-Life Planning

(716) 862-8595

Flu Vaccinations

annually during flu season

(716) 862-3223 or

(716) 862-8881

Hepatitis C

(716) 862-3223 or

(716) 862-8881

Life Skills*

*personal health issues, money and
consumers, community and government,
your own home*

(716) 862-8595

Nursing Home Care

(716) 862-3231 or

(716) 862-8796



**Requires a consult or referral
from your Primary Care Provider*

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VA Western New York Healthcare System (Buffalo/Batavia) (continued)

Nutrition

(716) 862-3233 or
(716) 862-5372

On Demand Video Educational Services

(716) 862-6090

Pain Management

(716) 862-3223 or
(716) 862-8796

Pneumonia Vaccination

(716) 862-3223 or
(716) 862-8881

Pulmonary Rehabilitation*

*guides patients to safely improve
exercise endurance, broaden knowledge
(respiratory disease) and provide skills
to manage their disease*

(716) 862-8630

Smoking Cessation-Quit Smart

four-session group

(716) 862-8588 or
(716) 862-8584



Stress Management

(716) 862-8595

Telehomecare/Telehealth

(716) 862-8858 or
1-888-838-7890

Understanding Your Medications

(716) 862-8881
(716) 862-3223

**Requires a consult or referral
from your Primary Care Provider*

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VA Western New York Healthcare System (Buffalo/Batavia) (continued)

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(585) 463-2642

(716) 862-8754

Weight Management / Move Program

*MOVE (Management of Obesity for
Veterans Everywhere)*

(716) 862-8566

Vocational Rehabilitation*

*vocational assessment, incentive therapy,
compensated work therapy, vocational
counseling, job seeking skills*

(716) 862-6300

Women's Health/Women Veterans Program Manager

*address concerns and issues related to
women's health and wellness*

(716) 862-8797



**For general information about the programs offered at WNY contact:
Pat McElligott (Malin) - (716) 862-8803**





Veterans Service Center
1-888-823-9656

For information on eligibility, VA health care benefits,
enrollment, or questions on your billing statement

Telcare
1-888-838-7890

For immediate medical advice any time any place

VA Health Care on the Web
www.va.gov/visns/visn02

For reliable health information on the Web
www.myhealth.va.gov

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Reaching Us Is Easy

VA Medical Centers:

Albany
113 Holland Avenue
Albany, NY 12208
(518) 626-5000

Batavia
222 Richmond Avenue
Batavia, NY 14020
(585) 343-7500

Bath
76 Veterans Avenue
Bath, NY 14810
(607) 664-4000

Buffalo
3495 Bailey Avenue
Buffalo, NY 14215
(716) 834-9200

Canandaigua
400 Fort Hill Avenue
Canandaigua, NY 14424
(585) 394-2000

Syracuse
800 Irving Avenue
Syracuse, NY 13210
(315) 425-4400

Community-Based Outpatient Clinics:

Auburn
Auburn Memorial Hospital
17 Lansing St.
Auburn, NY 13021
(315) 255-7002

Bainbridge
109 North Main Street
Bainbridge, NY 13733
(607) 967-8590

Binghamton
425 Robinson Street
Binghamton, NY 13001
(607) 772-9100

Carthage
3 Bridge Street
Carthage, NY 13619
(315) 493-4180

Catskill
Greene Medical Bldg.
159 Jefferson Heights
Catskill, NY 12414
(518) 943-7515

Clifton Park
1673 Route 9
Clifton Park, NY 12065
(518) 383-8506

Cortland
1129 Commons Avenue
Cortland, NY 13045
(607) 662-1517

Dunkirk
The Resource Center
325 Central Avenue
Dunkirk, NY 14048
(716) 366-2122

Elizabethtown
P.O. Box 277, Park St.
Elizabethtown, NY 12932
(518) 873-3295

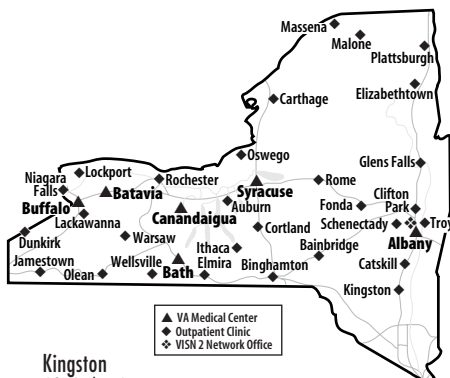
Elmira
Health Services Bldg.
200 Madison Ave., Suite 2E
Elmira, NY 14901
(877) 845-3247

Fonda
Camp Mohawk Plaza
Rt. 30A
Fonda, NY 12068
(518) 853-1247

Glens Falls
84 Broad Street
Glens Falls, NY 12801
(518) 798-6066

Ithaca
10 Arrowwood Drive
Ithaca, NY 14850
(607) 274-4680

Jamestown
The Resource Center
890 East Second Street
Jamestown, NY 14701
(716) 661-1447



Kingston
63 Hurley Avenue
Kingston, NY 12401
(845) 331-8322

Lackawanna
Our Lady of Victory
Family Care Center
227 Ridge Road
Lackawanna, NY 14218
(716) 822-5944

Lockport
Ambulatory Care Center
5875 S. Transit Road
Lockport, NY 14094
(716) 433-2025

Malone
183 Park Street, Suite 3
Malone, NY 12953
(518) 481-2545

Massena
1 Hospital Drive
Massena, NY 13662
(315) 769-4253

Niagara Falls
2201 Pine Avenue
Niagara Falls, NY 14301
1-(800) 223-4810

Olean
465 North Union Street
Olean, NY 14760
(716) 373-7709

Oswego
Seneca Hills Health
Services Center
County Route 45A
Oswego, NY 13126
(315) 343-0925

Plattsburgh
43 Durkee Street
Plattsburgh, NY 12901
(518) 561-8310

Rochester
465 Westfall Road
Rochester, NY 14620
(585) 463-2600

Rome
125 Brookley Road,
Bldg. 510
Rome, NY 13441
(315) 334-7100

Schenectady
1322 Gerling St.
Sheridan Plaza
Schenectady, NY 12308
(518) 346-3334

Troy
295 River Street
Troy, NY 12180
(518) 274-7707

Warsaw
Wyoming County
Community Hospital
400 N. Main Street
Warsaw, NY 14569
(585) 344-3355

Wellsville
Jones Memorial Hospital
Health Care Center
13 Loder Street
Wellsville, NY 14895
(585) 596-2056

